



Chargrilled chicken with lentil, pepper and rocket salad

Serves 1

140g skinless chicken breast

1½ tsp olive oil

Salt and pepper

½ red pepper, deseeded and sliced

80g cooked lentils (30g uncooked)

70g cherry tomatoes, halved

45g avocado, sliced

1 tsp Dijon mustard or grain mustard

2 tsp sherry vinegar or red wine vinegar

Zest of 1 lemon

Small bunch of parsley, chopped

Handful of rocket

Method

Preheat a griddle pan over a high heat. Lay the chicken between two sheets of clingfilm then bash with a rolling pin to flatten. Drizzle over half of the oil and season with salt and pepper. Lay on the griddle and cook for 3 minutes on each side then set aside to rest. Throw the peppers on the griddle and cook for 5 minutes, turning regularly until softened.

Meanwhile warm the lentils in the microwave according to the pack instructions.

Tip the lentils into a large bowl, add the peppers, tomatoes and avocado. Whisk together the remaining oil, the mustard, vinegar, lemon zest and parsley then pour over the lentils. Add the rocket, toss to combine and season to taste. Slice the chicken and serve with the lentil salad.

Tip

This recipe uses ready-cooked lentils for ease and speed, but you can cook your own if you'd prefer. Pour the uncooked lentils into a pan of water, bring to the boil then reduce to a simmer and cook for 25 minutes.